



MESSAGE NOTES

Breaking Free!

Psalm 139:23-24

Loyd Flaherty

Make Peace with Your Past So It Won't Spoil the Present

1. When Your Emotions Don't Match with Reality

Psalm 139:23-24 “ Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”

This verse encourages to ask God to reveal any hidden or unresolved issues, seeking His guidance in moving forward.

2. Renew Your Mind and Break Free

Romans 12:2 “ Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is— his good, pleasing and perfect will.”

Renewing our minds through God’s Word helps us break free from any negative patterns rooted in our past experiences.

3. Fill the Hole with Love, Not Avoidance

2 Corinthians 1:3-4 “ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

When we receive God’s love and comfort, we are empowered to climb out of our own holes and give that same love to others.

We can’t ignore the painful areas in our lives. Instead, we must fill them with love, care, and support. By seeking guidance from God, the ultimate source of unconditional love, we find strength to heal and help others. Love and compassion, not avoidance or bitterness, lay the foundation for lasting peace.

Accounting Report Oct. 2024

Income 894,457 yen Expenses 1,015,484 yen